

WATERFALLS

Dinner Menu • Monday, May 6, 2024

12 Credits

Starters

Kielbasa and Cabbage (GF/DF)

Golden Potato (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Chicken and Mushroom Marsala (D/A)

Chicken thighs, onions, mushrooms, wine, marsala, and velouté sauce.

Roasted Shrimp in Tomato Cream Sauce (GF/D/A)

Butter, shrimp, onions, mushrooms, carrots, celery, garlic, tomato, wine, and cream.

Fried Eggplant Marsala (GF/DF/VE/A)

Eggplant, gluten-free flour, egg white replacer, Rice-Chex, garlic, onions, mushrooms, and marsala.

Sides

Egg Noodle (DF)

Glazed Rainbow Carrots (GF/D)

Steamed Green Beans

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Italian Lemon Cream Cake (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, May 7, 2024

12 Credits

Starters

Beef Noodle (DF)

Spring Vegetable and Miso (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Dijon and Herb Braised Chicken (DF/A)

Chicken thighs, onions, garlic, flour, wine, Dijon, and tarragon.

London Broil (GF/D)

Marinated top round steak, Worcestershire, shallots, ginger, and mushroom leek sauce.

Tempeh Broil with Mushroom Sauce (GF/DF/VE)

Marinated tempeh, Worcestershire, shallots, ginger, mushrooms, and leeks.

Sides

Boursin Mashed Potatoes (GF/D)

Broccoli Amandine (GF/D)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Italian Lemon Cream Cake (D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Dinner Menu • Wednesday, May 8, 2024

20 Credits

Starters

Chicken Artichoke (GF/D)

Spanish Vegetable (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Sweet and Sour Meatballs (DF)

Ground beef, pork, ginger, egg, panko, soy sauce, garlic, Mae ploy, vinegar, brown sugar, pineapple, and bell peppers.

Yuzu and Miso Glazed Cod (GF/DF/A)

Yuzu, sesame oil, cod, green onions, garlic, mirin, and miso.

Sweet and Sour Tofu (GF/DF/OF/VE)

Tofu, soy sauce, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

Sides

Jasmine Rice (GF/DF/OF)

Ginger Garlic Green Beans (GF/DF)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Dulce de Leche Cheesecake(D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
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WATERFALLS

Dinner Menu • Thursday, May 9, 2024

12 Credits

Starters

German Goulash (D)

Borscht (GF/DF/OF/VE)

Note: Dairy Optional

Garden Salad Bar

Entrees

Coq au Vin (D/A)

Chicken thighs, burgundy, cognac, onions, carrots, mushrooms, tomato paste, and pearl onions.

Lemon Tarragon Rockfish (D)

Rockfish, butter, shallots, lemon, thyme, and tarragon.

Vegan Coq au Vin (GF/DF/OF/VE/A)

Mushrooms, potatoes, red wine, and pearl onions.

Sides

Roasted Fingerling Potatoes (GF/DF)

Roasted Asparagus (GF/DF)

Steamed Brussels Sprouts

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Dulce de Leche Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, May 10, 2024

12 Credits

Starters

Smoked Salmon Chowder (D)

Carrot and Ginger (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Turkey Fricassee (D)

Turkey, butter, onions, carrots, flour, peas, and heavy cream.

Pork Roast with Apples, Garlic, and Thyme (GF/DF)

Pork roast, apples, onions, and cinnamon.

Soy Curl Fricassee (GF/DF/OF/VE)

Soy curls, onions, celery, carrots, peas, and coconut milk.

Sides

Roasted Garlic Mashed Potatoes (GF/D)

Brussels Sprouts Gratin (D)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Spring Berry Pie (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Saturday, May 11, 2024

12 Credits

Starters

Split Pea and Ham (GF/D)

Tomato Basil Bisque (GF/D/OF/VG)

Garden Salad Bar

Entrees

Braised Moroccan Chicken (GF/DF)

Chicken thighs, onions, carrots, garlic, ginger, coriander, cumin, turmeric, cinnamon, and raisins.

Duqqa Beef Medallions with Mango Chutney (GF/DF/Nuts)

Beef medallions, pistachio, almonds, sesame seeds, fennel, and mango chutney.

Vegan Chickpea Cauliflower Curry (GF/DF/OF/VE)

Potatoes, cauliflower, curry spice, garbanzo beans, tomatoes, and cashew cream.

Sides

Carrot and Coriander (GF/DF)

Spiced Roasted Cauliflower (GF/DF)

Steamed Swiss Chard

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Spring Berry Pie (D)

Mixed Fruit

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(A) Contains Alcohol • (OF) Oil-Free